LTC Bresko enlisted in the Army in June of 1983, attending Infantry OSUT at Fort Benning, Georgia. After eleven years of enlisted service in both the 7th Special Forces Group and The US Army John F. Kennedy Special Warfare Center and Schools, he attended Officer Candidate School. LTC Bresko was commissioned a Second Lieutenant of Infantry in January 1995.

LTC Bresko's initial assignment following the Infantry Officer Basic Course was in the 25th Infantry Division (L), with 1st Battalion, 27th Infantry Regiment and 1st Battalion, 21st Infantry Regiment, where he served as a Rifle Platoon Leader, Rifle Company Executive Officer, and Battalion S1.

Following the Infantry Officer Advanced Course, he was assigned to 1st Battalion, 32nd Infantry Regiment of the 10th Mountain Division as the Commander of Bravo Company from 2000-2002. While in command Bravo Company, he deployed as part of the Kosovo Stability Force, Vitina Kosovo. Following company command, LTC Bresko was an Observer/Controller at the Joint Readiness Training Center, Fort Polk, LA, serving as a PLT SR O/C, CO SR O/C, Operations O/C, and Senior Maneuver O/C. While assigned to JRTC, LTC Bresko deployed to Iraq as part of the Improvised Explosive Device Task Force headquartered in Baghdad Iraq.

Upon graduation from the Naval College of Command and Staff at Newport Naval Station, Rhode Island, he served as the Provincial Lead Mentor to the Afghan National Police in Uruzgan Province, Afghanistan. Upon redeployment LTC Bresko was again assigned to the 10th Mountain Division as the Battalion XO and later as Battalion S3 for 1st Battalion, 87th Infantry Regiment, 1st Brigade Combat Team. While assigned to 1-87 IN, he deployed in support of OPERATION ENDURING FREEDOM to Kunduz, Afghanistan conducting full spectrum combat operations.

His civilian education includes a Bachelor of Science degree from Columbus State University, and Master of Arts degree from the Naval War College.

His awards and decorations include the Bronze Star Medal (2nd Award), Meritorious Service Medal (3rd Award), Army Commendation Medal (5th award), Joint Service Achievement Medal, Army Achievement Medal (7th award), Combat Infantryman Badge, Expert Infantryman Badge, Master Parachutist Badge, Master Freefall Badge, Pathfinder Badge, Air Assault Badge, and the Special Forces Tab.